HoMEDICS
BODY BASICS

ONE YEAR LIMITED WARRANTY

(Valid in USA only)

HoMedics, Inc., guarantees this product free from defects in material and workmanship for a period of one year from the date of purchase, except as noted below.

This HoMedics product warranty does not cover damage caused by misuse or abuse; accidents; the attachment of any unauthorized accessory; alteration to the product; or any other conditions whatsoever that are beyond the control of HoMedics. This warranty is effective only if the product is purchased and operated in the USA. A product that requires modification or adaptation to enable it to operate in any country other than the country for which it was designed, manufactured, approved and/or authorized, or repair of products damaged by these modifications is not covered under warranty. HoMedics shall not be responsible for any type of incidental, consequential or special damages. All implied warranties, including but not limited to those implied warranties of fitness and merchantability, are limited in the total duration of one year from the original purchase date.

To obtain warranty service on your product either hand deliver or mail the unit and your dated sales receipt (as proof of purchase), postpaid, along with a check or money order in the amount of $10.00 payable to HoMedics, Inc., to cover handling. Upon receipt, HoMedics will repair or replace, as appropriate, your product and return it to you, postpaid. Warranty is solely through HoMedics Service Center. Service of this product by anyone other than HoMedics Service Center voids warranty.

This warranty provides you with specific legal rights. You may have additional rights which may vary from state to state. Because of individual state regulations, some of the above limitations and exclusions may not apply to you.

For more information regarding our product line in the USA, please visit: www.homedics.com

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IB-PAR270-B

HoMEDICS®
BODY BASICS™

PARAFFIN BATH

ParaSpa™ELITE

Instruction Manual and Warranty Information

PAR-270

1 year limited warranty

HoMEDICS
BODY BASICS

Enjoy warm, soothing relief from muscle tension, and moisturize dry hands and feet.

Thank you for purchasing the HoMedics ParaSpa Elite home paraffin bath. This, like the entire HoMedics line, is built with high-quality craftsmanship. We hope that you'll find it to be the finest product of its kind.

The ParaSpa Elite turns your home into a salon, providing you with the ultimate experience by helping you to relax, relieve tension and soothe sore muscles.

Relax. Renew. Simplify.

IMPORTANT SAFETY INSTRUCTIONS:

When using an electrical appliance, basic precautions should always be followed, including the following:

READ ALL INSTRUCTIONS BEFORE USING

DANGER - To reduce the risk of electric shock:

- Do not reach for an appliance that has fallen into water. Unplug it immediately.
- Do not place appliance where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid. Store in a cool, dry place.
- Always unplug this appliance from the electrical outlet before cleaning.
- Do not plug or unplug this product when hands are wet.
- Do not use while bathing.

WARNING - To reduce the risk of burns, fire, electric shock or injury to persons:

- Close supervision is necessary when this appliance is used by, on, or near children, invalids or disabled persons.
- This product should never be used by any individual suffering from any physical ailment that would limit the user's capacity to operate the controls.
- Use this appliance only for its intended use as described in this manual.
- Do not use attachments not recommended by HoMedics, specifically any attachment not provided with the unit.
- Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return it to the HoMedics Service Center for examination and repair.
- Keep cord away from heated surfaces.

This unit is designed for household use only. This unit is not designed for commercial use. This unit is not a professional device.

- Do not drop or insert any object into any opening.
- Do not carry this appliance by the supply cord or use the cord as a handle.
- Do not use outdoors.
- Do not let cord hang over the edge of table or counter where it can be pulled on by children or tripped over unintentionally.
- Do not place on or near any hot gas, flames, electric element, or in a heated oven.
- Do not operate where aerosol spray products are being used or where oxygen is being administered.
- Never use this product while sleeping or drowsy.
- Never use sharp instruments to remove solidified paraffin wax from the unit.
- Use appliance on a sturdy level surface only.

SAVE THESE INSTRUCTIONS

This appliance has a polarized plug (one blade is wider than the other). This plug will fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet. Do not change the plug in any way.

SPECIAL WARNINGS:

IF YOU HAVE OR HAVE HAD ANY SKIN CONDITIONS, DISEASES AND OR HEALTH PROBLEMS, YOU SHOULD CONSULT YOUR PHYSICIAN BEFORE USE.

- Use bath only when seated. Do not stand on or in the tub unit.
- Do not apply paraffin wax on open cuts or wounds, warts, inflamed skin, or when the sensation of any extremities is decreased.
- Consult your physician if you have any questions or concerns about acute inflammation and peripheral vascular disease or decreased sensation of any extremity before using.
- Do not apply the hot wax near eyes or other heat sensitive areas.
- Discontinue use and consult a physician if the paraffin wax feels too hot or if it does not feel warm enough. This may indicate a possible physical problem.
- Discontinue use and consult your physician if dermatitis, discomfort, irritation, or pain occurs from continued paraffin treatments.
- Test the paraffin wax on the inside of your wrist to make sure the temperature is comfortable.
- Do not overfill the unit and always keep the paraffin wax level about 2 inches from the top of the bath.
- Never operate the unit without paraffin wax.
- Do not heat paraffin wax in its plastic packaging, nor heat it over an open flame, on a range, stove or in a microwave.
- Do not pour the melted paraffin wax from the tub/unit.
- Unplug unit before filling with paraffin wax.

- Do not use accessories or wax not recommended or sold by HoMedics.
- If the supply cord is damaged, it must be replaced by HoMedics Service Center.
- Do not put water into the tub/unit.

ParaSpa Elite Features

Adjustable Control - Allows you to adjust the temperature to your own personal comfort and sensitivity level.

Use With or Without Timer - Timer feature allows you to select a later time at which you would like the unit to be ready, rather than keeping the unit on at all times.

Large Capacity - Comfortably fits hands, elbows and feet.

6 lbs. Pure Paraffin Wax - No scents, no dyes & hypoallergenic; to please all skin types.

Therapeutic Benefits

- Paraffin heat therapy seals in heat and contours to the afflicted area for the ultimate moist heat treatment.
- Useful in symptomatic relief of pain caused by arthritis, bursitis, and chronic joint inflammation.
- Relaxes muscles, relieves stiffness and muscle spasms.
- Stimulates circulation.
- Softens and soothes dry, cracked skin.

Important Note

This unit may feel very warm to sensitive skin. However, in order to fully experience the therapeutic benefits of paraffin heat therapy, the wax must be heated to a temperature between 123-131 degrees Fahrenheit. This is the temperature that is utilized by the leading hospital brand paraffin baths.

For proper application, quickly dip the body area (i.e. hand, elbow or foot) into the melted paraffin wax and remove immediately. This should be repeated 5-10 times. Never soak in the wax for more than 1-2 seconds.

If you are very sensitive to heat or feel that this appliance may not be for you, please return this product to the place of purchase, <u>prior to use</u>.

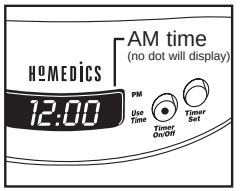


Figure 1

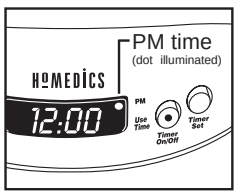
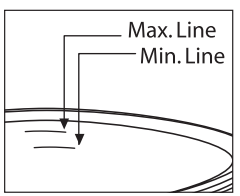


Figure 2



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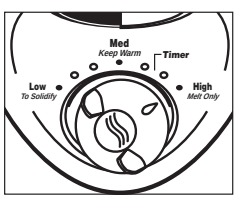


Figure 4

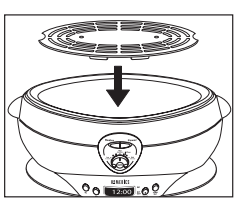


Figure 5

Setting Up the Unit

1. Remove all contents from packaging and check to make sure you have all of the following components of the ParaSpa Elite paraffin bath (refer to page 9):
   - Paraffin bath tub
   - Plastic lid
   - Plastic grate
   - Six 1-lb. bags of Paraffin Wax
   - 60 Plastic liners
2. Place unit on a level and sturdy table or surface and remove the lid.
3. To set the clock:
   A. Press the hour button ("Hr.") until reaching the current hour time.
   B. Press the minute button ("Min.") until reaching the current minute time.

   NOTE: Be sure to distinguish between AM and PM times. A dot on the LED will illuminate next to the word PM indicating the time set is in the PM. If no dot is displayed this indicates the time is in the AM hours (See figures 1 & 2).
4. Make sure ParaSpa tub is empty before putting wax into tub.
5. Open the bags of Paraffin Wax and place wax into the tub. Open only as many bags as you plan to use. The unit is designed to hold a maximum of 6 lbs. of paraffin wax and a minimum of 3.5 lbs. (See Fig. 3) Always keep the level of paraffin wax above the "MIN" (Minimum) line and below the "MAX" (Maximum) line marked along the inside of the tub. Replace lid after filling.
   NOTE: Do not fill over the max line. This may cause wax to overflow when dipping.
6. Plug the unit into a 110V/120V A/C household outlet. The green "Power" LED light indicates that the unit is plugged in. The red "Heater" light will cycle on and off while the unit is heating.
   NOTE: Unit automatically turns "ON" when plugged in. If not used in 48 to 72 hours, turn dial down to "SOLIDIFY". If not used for more than 3 weeks we recommend that you unplug unit and store in a cool, dry place.

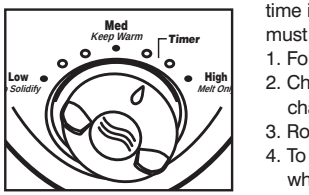
Using the Unit Without the Timer Function

1. Turn the dial to "Melt Only" to melt the paraffin wax. (See Fig. 4) and replace lid. The paraffin wax will melt in less than 4 hours.
2. Turn the dial to "WARM" after paraffin wax is completely melted. Remove the lid and place the grate into the wax and allow it to sink to the bottom of the tub. (See Fig. 5) With lid removed, allow the unit to cool for 15-30 minutes.
   NOTE: Place the grate into the unit only after the paraffin wax has melted.
3. Proceed to the section "How to Enjoy a Paraffin Treatment".

Using the Timer Function

Please note: Timer feature will **only operate if more than 4 hours** lead time is provided. Example: If you plan to use the unit at 6:00 PM you must set the timer by 2:00 PM, or the feature will not activate.

1. Follow steps 1 - 6 from “Setting up the Unit” section.
2. Check to make sure the time displayed is the correct time (to change the time refer to step 3 in “Setting Up the Unit” section.
3. Rotate dial to the “Timer” position (See Fig. 6)
4. To set the desired “Use Time” hold down the “Timer Set” button while touching the “Hr.” and “Min.” buttons. This will be the time that you want to use the ParaSpa bath.
   NOTE: Timer feature will only operate if more than 4 hours lead time is selected (4 hours and 1 minute or more).
5. Depress “Timer On/Off” button. It will illuminate, indicating the timer function is in use.
   NOTE: If the “Timer On/Off” button does not illuminate, it is most likely an indication the “Use Time” selected is less than 4 hours from the current time.
   NOTE: When the “Use Time” is reached, the illuminated “Timer On/Off” button will turn off.
6. Proceed to the “How to Enjoy a Paraffin Treatment” section.
   NOTE: The “Use Time” cannot be changed when the “Timer On/Off” button is illuminated.
   NOTE: Unit will continue to maintain paraffin temperature until the “Use Time” is set again or until the unit is unplugged. The heater will continue functioning as needed to maintain paraffin temperature. The unit will not automatically turn off.



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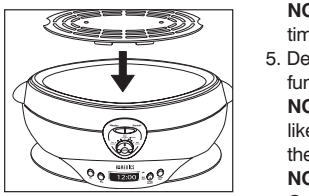
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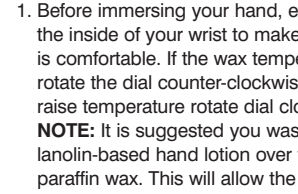
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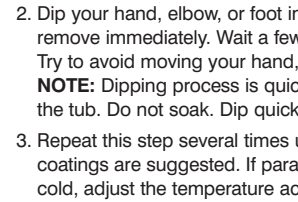


Figure 9

How to Enjoy a Paraffin Treatment

1. Before immersing your hand, elbow, or foot, test the paraffin wax on the inside of your wrist to make sure the temperature of the wax is comfortable. If the wax temperature exceeds your comfort level, rotate the dial counter-clockwise (to left) to lower temperature. To raise temperature rotate dial clockwise (to right).
   NOTE: It is suggested you wash the area to be treated and apply lanolin-based hand lotion over the area before dipping it into the paraffin wax. This will allow the wax to be removed more easily and will help moisturize the skin.
2. Dip your hand, elbow, or foot into the melted paraffin wax and remove immediately. Wait a few seconds until the wax solidifies. Try to avoid moving your hand, foot, or elbow while wax is applied.
   NOTE: Dipping process is quick. Do not leave hand, foot or elbow in the tub. Do not soak. Dip quickly in and out.
3. Repeat this step several times until several layers have formed, 6-10 coatings are suggested. If paraffin wax temperature is too hot or too cold, adjust the temperature accordingly. Turn the dial clockwise (right) to increase the paraffin wax temperature or counterclockwise (left) to reduce the paraffin wax temperature.
4. For longer heat treatment, place a plastic liner (provided) over the treated area and twist bag at opening. Keep paraffin wax and liner on treated area for 10-20 minutes for ultimate therapy. (See Fig. 8)
   NOTE: When using the paraffin bath with plastic liners on your feet, do not walk around! This may cause you to slip and fall.
5. Peel off the wax from the treated area. If using a plastic liner, peel the plastic lining from the area being treated. Paraffin wax will peel off with liner. (See Fig. 9)
6. Discard used wax.
   NOTE: If you are the only person using the ParaSpa Elite, the wax can be re-used. Simply put it back into the tub to re-melt.

   NOTE: The room temperature can have an effect on the unit’s performance. If the wax starts to solidify or flakes form on the top surface, turn dial clockwise (right) to increase the temperature. We always recommend testing the paraffin temperature on the inside of the wrist area before dipping your entire hand, foot or elbow.
   NOTE: NEVER dip your hand, foot or elbow into the ParaSpa Elite bath while the unit is in “Melt Only” mode!

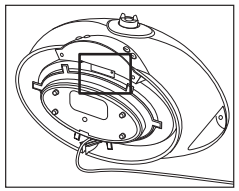


Figure 10

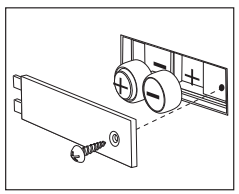


Figure 11

How to Change Timer Batteries

The ParaSpa Elite timer comes equipped with two LR44 watch batteries. These batteries will maintain the time clock and “Use Time” settings when the unit is unplugged.

NOTE: When unplugged the LED will not illuminate however, the unit has a memory feature which will retain the correct time settings until the unit is plugged in again.

NOTE: Never change batteries unless paraffin wax is solid and at room temperature, or the tub is completely empty (see Maintenance section).

1. Remove screw from battery compartment door using a small phillips screwdriver. (See Fig. 10)

   NOTE: Never remove any screws from the base other than that of the battery compartment.

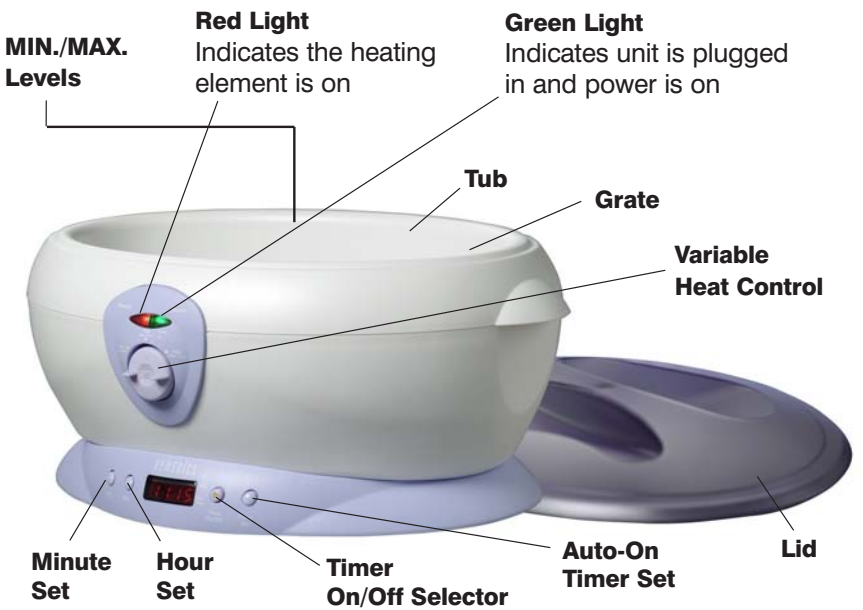
2. Remove old batteries and replace with fresh LR44 watch batteries. Make sure to match charge symbols (+/-) on the battery to those inside the battery compartment, as illustrated in Figure 11.
3. Replace battery compartment door. Insert the side with the 2 prongs first. Finish reattaching door by replacing screw.

   NOTE: Make sure to securely tighten screw when replacing door.

Maintenance

Periodically, the used portion of paraffin wax should be replaced and the unit should be cleaned.

1. Unplug unit and remove grate. Allow paraffin wax to solidify overnight.
2. Push on one end of paraffin wax block. This will tip it up. Lift the block out of the unit and dispose of it. DO NOT USE SHARP OBJECTS TO REMOVE THE PARAFFIN WAX BLOCK, THIS MAY SCRATCH OR DAMAGE THE TUB. If the paraffin wax does not remove easily, plug unit in and allow to heat for 10–15 minutes then remove the paraffin wax block and unplug the unit.
3. Wipe the inside of the unit with a disposable towel to remove residual dirt and residual paraffin.
4. With a damp, soapy cloth, wipe clean. DO NOT POUR WATER INTO THE UNIT, OR IMMERSE THE UNIT IN WATER.
5. Store in a cool, dry place. When you are ready to re-use the ParaSpa Elite paraffin bath for the next heat treatment, repeat steps 2-6, “How to set up the ParaSpa Elite unit”. Then, follow steps 1-3, “How to use the paraffin treatment without timer function”.

PARAFFIN BATH

ParaSpa™Elite